

# Luther School Lunch Menu

## April 2008

Monday	Tuesday	Wednesday	Thursday	Friday
March 31 Beef Stew– 1 cup Orange slices– 1/2 cup Whole wheat bread– 1 slice Milk– 1 cup	April 1 Chicken Caesar Salad (Romaine lettuce) Applesauce– 1/2 cup Broccoli– 1/4 cup Bran Muffin Milk– 1 cup	April 2 Ham– 3 oz Red beans and rice– 3/4 cup Strawberries, fresh– 1/2 cup Cucumber, fresh– 1/4 cup Milk– 1 cup	April 3 Beef Strips– 3 oz Pineapple– 1/4 cup Celery– 1/4 cup Tater tots– 1/2 cup Whole wheat roll Milk– 1 cup	April 4 Chicken Noodle Soup– 1/2 cup Cheese quesadilla on whole wheat tortilla– 1 each Frozen peas– 1/2 cup Sliced fresh tomato– 1/4 cup Apple Crumb bars Milk– 1 cup
April 7 Chicken Stir Fry– 1cup Brown rice– 1 cup Orange slices– 1/2 cup Stir Fry veggies– 1/4 cup Grasshopper pie– 1 slice Milk– 1 cup	April 8 Beef Roast– 3 oz Baked Potato– 1 small Green beans– 1/4 cup Fresh apple slices– 1/4 cup Whole wheat bread– 1 slice Milk– 1 cup	April 9 Bean & Cheese Enchilada Romaine lettuce salad– 1 cup Pears, canned– 1/2 cup Milk– 1 cup	April 10 Chef Salad w/ chopped ham, chicken and beef, romaine lettuce, spinach, broccoli, tomato and cucumber Pineapple, canned– 1/4 cup Cornbread– 1 piece and Milk	April 11 Pizza (Cheese or Pepperoni) Normandy mix veggies–1/2 cup Peaches & Pineapple-1/2 cup Milk– 1 cup
April 14 Hamburger on whole wheat bun Baked beans– 1/2 cup Fruit cocktail– 1/2 cup Celery & carrot sticks– 1/2 cup French fries– 3/4 cup Milk– 1 cup	April 15 BBQ Chicken Wrap on whole wheat tortilla Fresh apple slices– 1/4 cup Frozen peas– 1/2 cup Milk– 1 cup	April 16 Hamburger Goulash– 1cup Romaine lettuce salad– 1 cup Cantaloupe, fresh– 1/2 cup Whole wheat bread– 1 slice Milk– 1 cup	April 17 Chicken Patties– 3 oz Fresh strawberries– 1/2 cup Frozen corn– 1/3 cup Chocolate Chip Muffin– 1 ea Milk– 1 cup	April 18 No School
April 21 Tuna Noodle Casserole– 1cup Orange slices– 1/2 cup Cucumber slices– 1/4 cup Grasshopper pie– 1 slice Milk– 1 cup	April 22 Taco Salad served in an edible corn tortilla bowl Banana– 1 small Romaine lettuce– 1cup Chopped tomatoes– 1/4 cup Milk– 1 cup	April 23 French Feast! Chicken Cordon Bleu– 3 oz Green beans w/ almonds–1/2 cup Baked potato– 1 small Fresh strawberries– 1/4 cup French bread– 1 slice Brownie– 1 piece Milk– 1 cup	April 24 Sub Sandwich (roast beef, ham, turkey and cheese on French bread) Fresh grapes– 1/2 cup Baby carrots– 1/4 cup Corn chips– 3/4 cup Milk– 1 cup	April 25 Minestone Soup– 1 cup Applesauce– 1/2 cup Normandy mix veg– 1/2 cup Whole wheat roll– 1 each Milk– 1 cup

This menu meets the Healthier Montana Menu Criteria for Lunch.